

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



RECIPE OF THE MONTH!

Slow Cooker Black Eyed Pea Soup

Source:

<https://spendsmart.extension.iastate.edu>

Ingredients:

- 1/2 pound dried black-eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 carrots, chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)

Instructions:

- 1) Rinse and sort black eyed peas to remove any dirt or debris.
- 2) Place all ingredients in the slow cooker & mix.
- 3) Cook on low for 8 hours.

TIPS:

This recipe can be prepared on the stovetop. Use 2 additional cups of water & cook for 2 hours on medium. Stir occasionally. For safety, cook on a back burner.

All fresh vegetables need to be washed under running water before using. Always use a clean knife & cutting board for fresh vegetables.

(Makes 5 Servings, 1 1/2 cups each)

Nutrition Facts per Serving: Calories 200; Total Fat 1 g; Saturated Fat 0 g; Cholesterol 37 mg; Sodium 450 mg; Total Carbohydrate 39 g; Dietary Fiber 8 g; Sugars 9 g; Protein 12 g

10 Tips: Make Healthier Holiday Choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

Source: www.choosemyplate.gov

- 1) Create MyPlate makeovers:** Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results.
- 2) Enjoy all the food groups at your celebration:** Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.
- 3) Make sure your protein is lean:** Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. Trim fat when cooking meats. Go easy on the sauces and gravies — they can be high in saturated fat and sodium.
- 4) Cheers to good health:** Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
- 5) Bake healthier:** Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.
- 6) Tweak the sweet:** For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.
- 7) Be the life of the party:** Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.
- 8) Make exercise a part of the fun:** Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.
- 9) Enjoy leftovers:** Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!
- 10) Give to others:** Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



WHAT IS FCH UP TO?

December tends to be a little slower month at the Extension Office as we wrap up the year with reports and prepare for the upcoming year, along with taking time to spend with friends and family during the holiday season. However, we are always available to respond to questions and requests. If you'd like us to get something on the calendar for you in 2019, now is a really good time to ask!

Child Safety Seat Check Up Event in East County on December 1, 9:30am – 12:30pm at RB Tullis Library, 21569 US Hwy 59, New Caney, TX 77357. Appointments are required. If you are interested, or know someone who needs a seat, let us know and we can get you connected. Also, if you need help in the future, please do not hesitate to contact us. There are several car seat check events that happen during the year. In addition, we have 3 staff members at the Extension office who can check car seats during regular business hours. Just let us know when you plan to stop by.

Extension Interpretation for the Montgomery County Commissioners Court – Sometimes it takes a little explaining to communicate what we do in Extension. So, we have what we call "Interpretation" events. Interpretation is a way we can present what we do, why we do it and what difference it makes. On December 11, we will hold an interpretation activity for the Montgomery County Commissioner's Court. A big part of our funding comes from the county and we like to let the judge and commissioners know the value of the dollars they invest in us. The event will begin at 8:30am as we host a light breakfast for the court members and others who are interested. Then, during the court meeting we will give a formal report highlighting our activities and impacts during 2018. Please join us if your schedule allows.

Also, on December 11, we will host our bi-monthly **Family and Community Health Committee Meeting**. This committee is a sounding board for our Extension FCH programs giving us advice and feedback on our efforts. The meeting is 11:30 -1:00 at the extension office. We welcome new members who are interested in helping. If you'd like to join us, just let us know.

Did you know, we also spend a fair amount of time in **professional development**? In order to make sure we are on the cutting edge of information and current trends in family and community health issues we have several trainings and professional associations we participate in. There are a couple of these happening in December including a state board meeting and a District 9 meeting of the Texas Extension Association of Family and Consumer Sciences. Agent Amy Ressler serves on the state board as treasurer. Montgomery County will be the host for the district meeting on December 13 at The Prairie Place in Dobbin. Some of you may remember retired FCS agent Linda Mock. The Prairie Place is an event venue run by her and her husband, Junior.

The **Extension office will be closed** December 24th and 25th and again on January 1st in observance of the holidays.

We wish you and yours a Very Merry Christmas and a Happy New Year!

-  4-H: Pecans are here! Come get them before they are all gone!
-  4-H Art & Design Maker Space Workshop 12/15 call for more info (936)539-7823

Agriculture: Town & Country Recertification CEU Seminar for TDA licenses will be 12/13 call for more info (936) 539-7822

What's Going on in Extension Land?